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Remains may be Tori Stafford's

INVESTIGATION A detective's hunch led to the discovery of child's remains near Mount Forest, Ont., believed to be those of Victoria (Tori) Stafford.

The OPP detective constable was driving in the area on Sunday, following up on what police say was a "profile" of the area where the eight-year-old Woodstock, Ont., girl's body may have been dumped.

He was looking for a house on one side of a road with a rough field access path on the other, and he found one. About 400 metres up a path, around a slight bend to the north and 30 metres into a treed area, he found a child's decomposed remains.

Police say they hope forensic experts in Toronto will be able to confirm — as early as today — whether they belong to Tori.

TORSTAR NEWS SERVICE

Italy **In pursuit of water polo supremacy**

LASZLO BALOGH/REUTERS

Gabor Kis, right, of Hungary fights for a ball with Kevin Graham of Canada during their preliminary water polo match at the world swimming championships in Rome, Italy, yesterday.

Entertainment pg 13

Creepy and cute Orphan

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, today to Thursday, in Calgary.

• Today
• Aboriginal students get taste of college life, page 3
• Former footballer gives back, page 9
• New project offers access to healthier foods, page 10
• Woman goes back in time to save APTN pilot, page 12
• John Ralston Saul explores Aboriginal roots, page 6
• Reworking relations with Aboriginal Peoples, page 6

Hit-and-run charges

Man appears in court after 5 cyclists struck by vehicle

TRACEY TONG
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Police have charged an Ottawa man in connection with a hit-and-run collision involving five cyclists in the city's west end Sunday morning.

Sommit Luangpakham, 45, faces five counts of failure to stop at the scene of an accident causing bodily harm. He appeared in court yesterday.

Police said more charges are pending on the completion of the investigation.

"The cause of the collision is still under investigation," said Ottawa police Const. Al Boucher. "It takes a while before officers can accurately determine what occurred. They have to look at things like speed, fatigue, alcohol and determine his whereabouts prior to the collision."

> **"There needs to be more of a culture of safety when it comes to cycling."**
> Charles Akben-Marchand, Citizens for Safe Cycling

Five cyclists suffered serious to life-threatening injuries after a vehicle struck them on March Road at 7:50 a.m. The vehicle left the scene of the collision, but a driver later turned himself in, police said.

The victims included a man in his late 30s who suffered a closed-head injury and significant brain injuries; a 27-year-old woman, a 36-year-old man, a 39-year-old man and a 45-year-old woman.

Boucher said yesterday one victim remains in critical condition, while the others are in serious condition.

While Ottawa drivers are "generally pretty good" at sharing the road with cyclists and the city is pretty bike-friendly, "there are always things that could be done," said Citizens for Safe Cycling past president Charles Akben-Marchand.

"There are places where there is no safe place to ride between one area and another," he said. "We call these missing links in the cycling network."

Robert Norris, who lives near the area where the collision occurred, said the speed limit along March Road should to be reduced from 80 to 60 km/h.

"There needs to be more of a culture of safety when it comes to cycling in general," said Akben-Marchand.

But there are always exceptional cases, he said.

"It was broad daylight, five experienced cyclists and there was a bike lane," he said. "We don't know what happened in this incident."

Listeriosis findings expected today

FOOD SAFETY The head of a secretive investigation into the deadly outbreak of bacteria linked to ready-to-eat meats will reveal her recommendations today after keeping her findings secret for one extra day.

Independent investigator Sheila Weatherill submitted the final report of her six-month probe — which involved millions of pages of documentation and at least a hundred interviews — to Agriculture Minister Gerry Ritz yesterday and is expected to release it publicly at a morning news conference.

Prime Minister Stephen Harper tasked Weatherill in January with examining the factors that contributed to the listeriosis crisis that killed at least 22 Canadians and sickened hundreds more last summer after they consumed deli meats from a Maple Leaf Foods plant in Toronto.

The closed-door nature of her investigation has been a target of opposition critics, and yesterday was no exception as the Liberals called on the government to release the full, unedited report immediately.

Liberal agriculture critic Wayne Easter remains disappointed Weatherill does not have the mandate to find anyone criminally or civilly liable, but said that based on discussions with people who have been interviewed he expects "extensive recommendations on improvements to the food safety system."

TORSTAR NEWS SERVICE

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Who's Canada's freshest dancer?
Think you got the moves? Until Aug. 17, dancers can submit a 30-second dance video at getfreshanddance.ca for a chance to win $10,000 and the title of Canada's Freshest Dancer from Colgate MaxFresh. METRO OTTAWA

Local

Bike use goes up at Bluesfest

This year, more people took their bikes to Cisco Ottawa Bluesfest than in the past. Yesterday, Citizens for Safe Cycling reported 6,000 bikes parked in two bike corrals over the 12-day festival. The number is up from 4,247 in 2008.
METRO OTTAWA

SUBMITTED PHOTO

American Idol winner Taylor Hicks stars in Grease, at the National Arts Centre tonight through Sunday.

Idol Hicks stars in Grease

TRACEY TONG
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STAGE Three years ago, American Idol launched him into the limelight.

Taylor Hicks has been on the road ever since. Tonight, he's in Ottawa for the first time as he takes on a cameo role in the Broadway Across Canada production of Grease.

"I've never been here, but I've heard that Ottawa is one of the more beautiful cities to see in Canada," the 32-year-old singer-songwriter told Metro.

Tonight, he hits the National Arts Centre stage to take on the role of Teen Angel. As an added bonus, he'll perform one of his own songs at the end of the show.

News in brief

CHARGED Police have charged an adult and three young offenders after a man was robbed on Montreal Road last week. METRO OTTAWA

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WHAT'S ONLINE TODAY

Video Allan Small has tips on how to choose the investment philosophy that's best for you at **metronews.ca/investing**

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These results are not official.

Getting a taste of college life

Algonquin program has Aboriginal high school students attend class, stay in residence

FocusOn FirstNations

TIM WIECLAWSKI
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Clarissa Jacobs has seen many First Nations students experience a culture shock that often hinders academic success when they arrive at college from small schools on their reservations.

"For them to be in big classes can be overwhelming," said Jacobs, a high school counsellor from Akwesasne reserve near Cornwall. "They can be afraid to speak to their instructors, afraid to raise their hands and ask questions."

This week, Jacobs and 15 students from Akwesasne are taking part in Dream Quest, a weeklong camp for Aboriginal youth at Algonquin College.

"Many of the students come from reserves where there are limited opportunities and this gives them an idea of what kind of opportunities they could get if they worked hard on their education."
John Small, Dream Quest team leader

Around 100 First Nations students from Grades 9 to 12 get a taste of college life, while living in residence and taking classes at the college's Woodroffe Campus.

As part of Algonquin's career samplers for youth day camps, students spend the week taking courses in a subject area that is offered to regular students at the college.

John Small, a team leader with Dream Quest and college student from Moose Factory, said there is definitely a need for a program like this.

"Many of the students come from reserves where there are limited opportunities and this gives them an idea of what kind of opportunities they could get if they worked hard on their education," he said.

Dream Quest is a chance for the college to recruit prospective students while providing marginalized members of society the same opportunity as everyone else, said Dwight Powless with Algonquin College.

The program is only in its second year, and Powless said they are already considering providing separate senior camps for those graduating high school within the next couple of years.

"Grade 9s aren't really considering what their future is going to be. Grade 11 and 12, it's a little more prominent in their minds where they're going to go after high school," he said.

Ottawa's thinking pink to fight cancer

TRACEY TONG
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AWARENESS She wasn't overweight, inactive or a smoker.

So when Genevieve Allen was diagnosed with breast cancer in November 2005 at the age of 45, she was shocked.

"Life can change so fast," said Allen.

She underwent a mastectomy, six rounds of chemotherapy, five weeks of radiation, hormone therapy, and a prophylactic mastectomy.

"I would do all this and walk through fire to live," she said.

After her experience, she wanted to give back to the community, by speaking out and by participating in events like the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

To raise awareness for the 16th annual event in Ottawa, acting mayor Doug Thompson yesterday declared this week Paint Canada Pink Week in Ottawa. Through Sunday, businesses across the capital will show their support by putting on pink displays and distributing fundraising and awareness materials.

"Almost everyone is affected by the disease," said Allen, who returns to Run for the Cure at LeBreton Flats for the fourth time on Oct. 4. "We need everyone to fight back."

One in nine women will be diagnosed with the disease in their lifetimes, said Kelly Fry, the volunteer run director for Ottawa-Gatineau.

Coun. Marianne Wilkinson also shared her story.

Two years ago, Wilkinson learned through a regular mammogram that she had a low-grade breast cancer. Because it was caught early, she didn't have to go through chemotherapy.

Yesterday, she encouraged all women ages 50 to 69 to take advantage of the Ontario Breast Screening Program.

Thompson said he is trying to organize a council team for the 5K event and is confident others will join. Run for the Cure is accessible to almost everyone, Allen added.

Participants walk or run distances of 5K or 1K, raising money for the Canadian Breast Cancer Foundation.

TRACEY TONG/METRO OTTAWA

Councillors Shad Qadri, Marianne Wilkinson and Doug Thompson, left to right, and CIBC Run for the Cure volunteer run director Kelly Fry, far right, kick off Paint Canada Pink Week in Ottawa yesterday.

Local and nationwide

- Last year, more than 10,000 people raised $1.62 million in Ottawa.
- Across the country, the Run For The Cure event raised $28.5 million to fund breast cancer research, awareness and education projects.

Hawks thwarting mail delivery

Two nesting hawks have managed to do what Canada's blizzards usually can't — halt delivery of the mail to a few dozen homes in Moose Jaw, Sask. Canada Post said it stopped delivering to 54 Moose Jaw homes after hawks swooped down on a letter carrier and after a supervisor who came in to inspect the area had to dive for cover. REUTERS

Canada

Hundreds pay respects to Gatti

Ida Gatti, left, mother of former world champion boxer Arturo Gatti, holds up his WBC World Champion belt following his funeral service yesterday. Hundreds of Gatti's fans cheered his name as his casket was carried out of a church in Montreal's Little Italy, CBC News Online reports. Brazilian police have accused Gatti's wife of strangling him with her purse strap as he slept. METRO NEWS SERVICES

Listeria findings due today

OUTBREAK The head of a secretive investigation into the deadly outbreak of bacteria linked to ready-to-eat meats will reveal her recommendations today after keeping the findings secret for an extra day.

Independent investigator Sheila Weatherill submitted the final report of her six-month probe — which involved millions of pages of documentation and at least 100 interviews — to Agriculture Minister Gerry Ritz yesterday and is expected to release it publicly at a morning news conference.

Prime Minister Stephen Harper in January appointed Weatherill to examine the factors that contributed to the listeriosis crisis that killed at least 22 Canadians and sickened hundreds more last summer after they consumed deli meats from a Maple Leaf Foods plant in Toronto.

TORSTAR NEWS SERVICE

Crews get a hold on 1 fire

Officials believe all three B.C. blazes were set accidentally by people

KRISTEN THOMPSON
Metro Canada

Fire crews have finally got a handle on one of three massive wildfires burning in West Kelowna, B.C., bringing one blaze to 60 per cent contained, officials said yesterday.

"There's still a lot of fire out there and the temperatures are expected to be high (in the next few days) with no precipitation," said Tim Neal, a fire information officer.

The Central Okanagan Regional District declared a state of emergency yesterday, after two fires that broke out on Saturday — one near the town of Glenrosa and the other near Rose Valley — and quickly spread to 350 hectares.

Crews are also battling a third fire on a nearby mountain.

They were likely started accidentally by human activity.

"Winds, weather and topography is affecting what we've (been able to contain)," said Neal. "There's about 120 (firefighters) and we have more coming. At this point we have about 23 helicopters.

"The (fire) in Glenrosa is the one that's looking the best right now. That's the one with most of the homes. It's a priority for us."

British Columbia Public Safety Minister Kash Heed flew over the affected area yesterday and called the damage "devastating."

Around 11,000 have been forced to leave their homes and 6,000 others are on evacuation alert.

Dry conditions

- The fires are being exacerbated by particularly dry conditions, as a result of below normal rainfall in the area this summer, fire officials said.

PHOTO COURTESY KANDACE MARTON

A massive wildfire burns near Glenrosa in West Kelowna, B.C., yesterday afternoon.

Investors looking for adviser

PONZI Forget Carmen Sandiego. Where in the world is Earl Jones?

What of Jones, the 67-year-old suburban Montreal financial adviser who allegedly defrauded his clients of $50 million before apparently disappearing — and who is looking for him? Investors, based primarily in Quebec but also Ontario, are becoming increasingly anxious about his whereabouts. Some feel the longer the delay in issuing a warrant for his arrest, the longer it will take to find out where he has gone, let alone try to get him back.

Owners facing charges in fire

ONTARIO Two owners of an Orillia retirement home that went up in flames killing four people in January are facing several charges after investigators allege they violated the Ontario Fire Code. Fire struck the Muskoka Heights Retirement residence on Jan. 14. TORSTAR NEWS SERVICE

News in brief

TSUNAMI Scientists have underestimated the potential for a giant earthquake and tsunami that could swamp much of the western Canadian and U.S. northwest coasts, British and American researchers said yesterday. Geological evidence suggests there have been earthquakes in the past that were even stronger than a magnitude 9.2 quake — the second-biggest ever recorded — which caused a 12-metre-high tsunami in the Gulf of Alaska in 1964, they said. Writing in the journal Quaternary Science Reviews, a team of researchers said the geology of the region shows a large and widespread quake is possible. REUTERS

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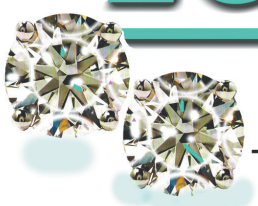

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Landing on the moon: 'It could have been us'

CANADA Gazing up at a life-size replica of the Avro Arrow, Jim Floyd recounted the frustration he felt watching an American space team land on the moon 40 years ago.

"It could have been us," lamented the former Avro Canada vice-president of engineering.

It was a day for both remembrance and repentance at the Canadian Air and Space Museum yesterday as Floyd and a handful of other Canadian astronauts and aerospace engineers celebrated Canada's role in the first manned lunar landing.

That role, they said, was closely linked to the Arrow.

The story began in the early 1950s when Floyd assembled a team of the world's best aerospace engineers to work on a new project at the Avro plant in Malton.

Many top professionals were still unemployed following the end of World War II, and the Avro project served as "a magnet" for "super-engineers from all over the world," said the now 95-year-old Floyd.

"The contributions by the Canadians were absolutely incalculable ... (But) the fact that Canadians went and did what they had to do for the U.S. meant they could have done it for Canada."
Jim Floyd, former Avro Canada vice-president

But by 1959, the Arrow was running well over budget, and John Diefenbaker's cost-conscious Conservative government discontinued the project's funding, effectively killing what would have been the fastest plane ever built.

Out of work again for the second time in 15 years, many of those engineers headed south of the border to the still-young NASA, where they began designing the first lunar module.

Among them were Canadians Owen Maynard, who played a leading role in designing the first lunar module, and John Hodge, a flight director on the Apollo space program. Both were honoured yesterday for the important roles they played in putting a man on the moon, as was Floyd.

"The contributions by the Canadians were absolutely incalculable," Floyd proudly told reporters following a news conference in Toronto yesterday.

"(But) the fact that Canadians went and did what they had to do for the U.S. meant they could have done it for Canada."

TORSTAR NEWS SERVICE

British fighter jet crashes in Afghanistan
A British Tornado fighter jet crashed at a major NATO base in southern Afghanistan yesterday officials said, the third aircraft mishap in as many days as foreign forces press their new offensives against the Taliban. REUTERS

World

Obama rallies for health-care nation

U.S. President Barack Obama said yesterday spiralling health-care costs were battering American families as he sought to bolster wavering public support for plans to revamp the $2-trillion health-care industry. Obama said now was the time for Congress to act, even as the chairman of the Republican National Committee condemned the White House plan, which would establish a new government-run health insurance option, as "a reckless experiment." REUTERS

Former leaders denounce vote

Past president wants referendum

IranCrisis

Iran's Supreme Leader Ayatollah Ali Khamenei warned officials yesterday not to help Tehran's enemies after two former presidents expressed defiant opposition to June's disputed presidential poll.

Clashes erupted between police and reformist protesters in Tehran Friday after former President Akbar Hashemi Rafsanjani declared the Islamic Republic in crisis and said there were doubts about the election result.

That statement was a clear challenge to the authority of Khamenei, Iran's most powerful figure whose endorsement of hardline President Mahmoud Ahmadinejad's landslide victory was meant to be the final word on the fairness of the June 12 poll.

Reformist former president Mohammad Khatami yesterday weighed in, calling for a referendum on the legitimacy of the government and defeated reformist candidate Mirhossein Mousavi called for the release of hundreds arrested in widespread June street protests against the election result. REUTERS

Karachi **Monsoon summer**

AKHTAR SOOMRO/REUTERS

Boys walk in floodwaters past graves in Gora cemetery after torrential monsoon rains in Karachi yesterday. Torrential monsoon rains in the southern Pakistani metropolis have killed 26 people and cut power to most of the city, its mayor said Sunday.

Pressure put on Zelaya rival

HONDURAS Honduras' de facto leader came under increased pressure yesterday to hand power back to the ousted president with Europe halting economic aid and top Latin American officials warning of bloodshed if he does not back down.

Efforts to broker an end to the power struggle collapsed Sunday after interim leader Roberto Micheletti rejected a proposal to reinstate overthrown President Manuel Zelaya. REUTERS

News in brief

DEFIANCE Israel stands ready to risk a protracted rift with Washington over U.S. demands to stop construction in East Jerusalem and other settlements, a key right-wing Israeli lawmaker said. REUTERS

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Comment

What's bred in the bone

NationalReport

"Because our real history is not part of how we describe ourselves, we live in denial of our reality."
— John Ralston Saul, A Fair Country

As Canadians we think of ourselves as Europeanized, then Americanized. More recently, with the waves of non-European immigrants, multiculturalized. Remarkably and ignorantly, we never get below the surface. We overlook, Saul argues in his provocative and brilliant study, our real driving force — our Aboriginal moorings.

If you don't know and appreciate the core construct, if the foundation is disregarded, or neglected, you are subject to all sorts of makeovers and identity quarrels. It's mainly the latest currents that count. It's not good.

The history of North America, says Saul, has largely been written by colonized minds with colonized perspectives. Three hundred or 400 years of Aboriginal history that predated Europeanization is marginalized. In his book, Saul rediscovers this history and relates it to our present times. In essence, he finds that what was bred in the bone has remained in the bone.

We owe much to the native peoples — the idea that land is to be served not pillaged, our notions of fairness and inclusiveness, of finding a middle way. Today, our claim to Arctic sovereignty is based in good part on our Aboriginals' presence in those territories. The fragility of the environment, a cardinal priority of the Aboriginal Peoples, is a paramount cause of our times. It is our native peoples who occupy the North and it is the North where two-thirds of our resource wealth lies. The courts are compelling us to deal with historic obligations to the First Nations. Nineteenth-century treaties are being renegotiated.

FocusOn FirstNations

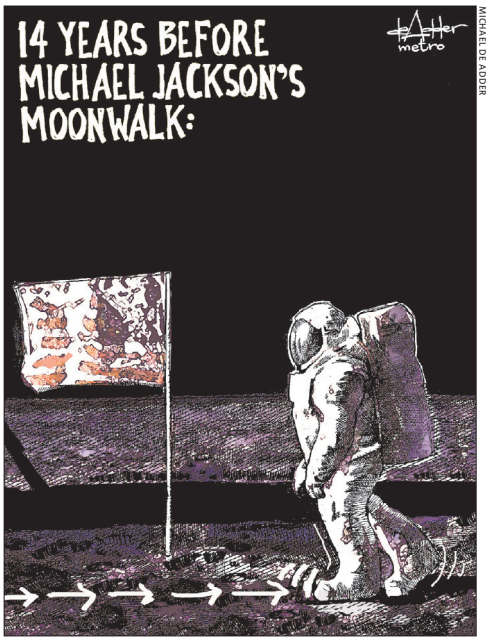
John Ralston Saul

There are all these trends and there is the fact that while the European influence wanes the native peoples are the fastest growing segment of Canada's population. Western attitudes assumed the inevitability of their disappearance. It isn't happening. Given the environmental stresses and potential calamities, people are more open to accepting the idea, as Saul puts it, that the world works in a different way than that suggested by the standard Western argument.

Saul, of course, is the partner of former governor general Adrienne Clarkson, who took up the native peoples' causes with vigour. The current Governor General, Michaëlle Jean, stood up mightily for their traditions when she gorged a harp seal on Rankin Island and partook of its heart.

Rideau Hall used to be the bastion of a colonialism that pursued strategies of Aboriginal sequestration or assimilation. Much has changed. Now its inhabitants recognize, as all Canadians should, that the native peoples were a major inspiration in our past and essential players in our future.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Basic issues continue to tarnish relations

InBusiness

In 2008, former Indian and Northern Affairs Minister Robert Nault noted some politicians believe Aboriginals will eventually abandon their traditional lifestyles and become assimilated in the general population. He also said many bureaucrats don't accept that First Nations constitute legitimate governments.

If he's right on both counts, it would help explain Ottawa's reluctance to rework the paternalistic relationship it has with Canada's 1.2 million Aboriginals.

Despite numerous amendments, the Indian Act of 1876 continues to frame relations between Ottawa and Aboriginals. Particularly since 1969, when a federal White Paper on Indian Policy called for a repeal of the Indian Act, the relationship has had two dominant themes: Calls for more funding to alleviate problems of education, health and poverty; and the transfer of responsibility for governance and accountability to Aboriginals.

In 2002, Nault introduced the Chrétien government's solution — the First Nations Governance Act. The legislation was a major effort to alter governance and accountability on reserves and bring First Nations people under the umbrella of the Charter of Rights and Freedoms. While a majority of rank-and-file reserve residents supported the bill, Aboriginal leaders balked, partly because no new money was proffered and because they didn't want light shone on band financial management.

FocusOn FirstNations

But by 2005, Jean Chrétien was gone and Paul Martin was prime minister. Along with Aboriginal leaders and provincial premiers, he devised his alternative — the Kelowna Agreement. This time, it was not about governance, but money, specifically $5 billion to be spent over five years to achieve targets related to education, housing, health and economic development.

Martin's minority Liberal government was soon replaced by Stephen Harper's minority Conservatives. Initially in favour of the Kelowna Accord, the Tories gradually backed away from its aggressive spending in favour of incremental improvements — extending human rights legislation to reserves, speeding up land claims settlements, protecting Aboriginal womens' rights, and investing in non-reserve Aboriginals.

In fairness, the Harper government has made considerable progress on the Aboriginal file, but the basic issues — paternalism, lack of adequate governance and accountability, and, of course, poverty — continue to tarnish relations between Aboriginals and other Canadians.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Best, worst airports to catch a couple zzzzz's

On a shoe-string, stuck or just need some shut-eye? Avoid Paris' Charles de Gaulle at all costs, but embrace Singapore's Changi, according to a survey that rated the world's 10 worst, and best, airports to sleep in.

Dirty floors, filthy, overcrowded bathrooms, bird poo and biting insects were among the biggest complaints of the 6,200 travellers who took part in the poll, by travel website The Guide to Sleeping in Airports.

Charles de Gaulle was voted the absolute worst, followed by Sheremetyevo in Moscow, which one traveller called "hell on Earth." In the third and fourth spots were New York's JFK and Los Angeles' LAX, while India's Delhi airport rounded off the top five worst airports.

On the flip side, Singapore's Changi was rated the cleanest and most comfortable airport to sleep in, followed by Seoul's Incheon and Amsterdam's Schiphol. Oslo's Gardermoen and Hong Kong airport rounded off the top five best airports.

"Sleeping in airports is no longer just for the young budget traveller looking to save a few bucks," said the website, which was founded by Canadian an former travel agent and expert budget traveller Donna McSherry in 1996. REUTERS

Metro Online Poll Results

53% SAID YES	Should hikers who get lost have to pay for their rescue? *Weigh in on today's question at metronews.ca*	47% SAID NO

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Business down 2.6 per cent at U.S. restaurants
U.S. restaurant traffic fell 2.6 per cent for the quarter ended in May, its steepest drop in 28 years, as diners with children ate out less, NPD Group said yesterday. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Magna, Russian firm aim to split GM stake

General Motors said yesterday that it had received three binding takeover offers for Opel that it would consider together with the European countries that would be affected by the deal.

In a surprise move, the once heavily favoured consortium of Ontario-based Magna and Russian partner Sberbank changed its plans at the last minute and agreed that they would evenly split a stake in Opel, in a concession to critics, a source told Reuters.

"The final bids as well as GM's preliminary findings will then be reviewed with the German and other impacted governments, the EU Commission and the Opel/Vauxhall Trust Board," GM Europe said in a statement, without naming the bidders.

Berlin is expected to have a large say in the decision, since it would provide the bulk of up to 4.5 billion euros ($7 billion) in expected loan guarantees for Opel.

Earlier, Magna and Brussels-based private equity firm RHJ International said they would submit final bids, while a source familiar with the matter told Reuters that China's Beijing Automotive also delivered a binding offer for Opel and its UK sister brand Vauxhall.

Magna and Russian partner Sberbank now aim to each take a 27.5 per cent stake in Opel. "It's a compromise to those people that wanted more Magna in the consortium," the source said. REUTERS

Larger stake

- Magna, an auto parts maker based in Aurora, Ont., originally planned to take just 20 per cent, with the Kremlin-backed lender Sberbank holding the remaining 35 per cent.

India **Worries over steel imports**

RAJESH KUMAR/REUTERS

A labourer works inside a steel factory in the northern Indian city of Kanpur yesterday. Imports of cheap steel into India are hurting domestic producers and a government body has favoured an additional tax on overseas purchases, the junior trade minister said yesterday.

Nortel reaches deal to sell another unit

WIRELESS Bankrupt telecom equipment maker Nortel Networks, once one of the world's biggest technology companies, said yesterday it has reached an agreement to sell its enterprise solutions unit, and was advancing in talks to sell its other businesses.

Toronto-based Nortel, which is North America's biggest maker of telephone equipment but has been in steady decline for much of the past decade, said the "stalking horse" agreement with Avaya Inc. set a price of $475 million US for the business, which makes networks and gear for large corporate clients.

Nortel is still looking for serious bidders for its Metro Ethernet Networks unit. REUTERS

In brief

ENERGY Enbridge said yesterday it will fund two-thirds of its U.S. affiliate's $1.2 billion US commitment for a new cross-border line, saving it from issuing stock in weak market conditions.

CURRENCY The Canadian dollar shot to its highest level in just over five weeks yesterday, driven by a rally in commodity prices and increased optimism about a global economic recovery. The currency rallied as high as 90.75 U.S. before closing at 90.35 cents US, up 0.75 of a cent. REUTERS

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Interest rates/Savings accounts
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1.0%	0.75%	1.05%	1.4%	1.2%	0.75%	0.75%	1.6%	0.75%	0.75%

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Your lucky seven for the investing game

Your finances should be anything but a gamble

Your adviser can show you a historical performance chart, to see the volatility of your investment.

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

You are sitting in an investment adviser's office contemplating your future.

Are you thinking about how much money you are going to make or when you can quit your job and become an artist? If yes, I'll forgive you, but rap your knuckles at the same time.

What you should be doing is asking questions. Last week I said there was no such thing as a stupid one. This week let's look at few you should pose about mutual funds.

Here are seven to get you started.

1. Is the fund's fee (the management expense ratio or MER) lower than the category average, i.e., is it lower than those of its peers?

2. Has this fund been around for at least five years?

3. And speaking of peers, how has the fund performed against its group sisters and brothers? It should be in the top 25 per cent over time.

Alison's Money Rule:

- Investing your money is not just about picking the right stock, bond or mutual fund. It's about asking the right questions.

4. Also, has this fund outperformed its benchmark index (every fund can be compared to an index like the S&P 500, for example) over its lifetime? There are thousands of funds; no point in buying a lemon.

5. You also need to know exactly what you are buying. Does the fund hold mainly small companies, big Canadian ones, European stocks, bonds or is it what's called a balanced fund with a mix of stocks, bonds and cash?

6. Next, is this fund distinct from anything else in your portfolio? You only need three or four funds tops for a well-rounded investment mix and you don't want them stepping on each other's toes with similar holdings. Duplication actually increases risk.

7. Finally, ask about risk or volatility. The adviser can show you a historical performance chart. If it has huge swings up and down, more so than a broad index like the S&P 500 or Canadian S&P\TSX Composite , then you have a greater chance of making money but also losing it.

Ask these seven questions and you are on the road to becoming an informed investor.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small

Allan Small covers some of the investment basics. Visit metronews.ca/investing

Do you lead or follow?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q The past year, my Registered Retirement Saving Plans (RRSPs) have declined more than 40 per cent. Can I roll some of my RRSPs into a non-registered plan and report the losses? How much tax savings will I benefit? Should I consider cashing out completely from the market? — Charles

A No losses can be claimed on your tax return while in your RRSPs.

However, subsequent losses outside your RRSP can be claimed as a capital loss and used to reduce capital gains in the current year, carried back three years or carried forward. Additionally, you maybe taxed on the partial withdrawal from your RRSPs.

Investing in the stock market is a long-term commitment. Before the start of last year's financial crisis, many novice investors experienced only market gains and believed stocks moved in one direction — up. This was a rude awakening for investors, novice and seasoned.

After watching helplessly as their wealth evaporate between 30-50 per cent, investors had two choices: Hold and wait it out or run for the hills.

"Investors had two choices: Hold and wait it out or run for the hills."

Many short-term investors took their losses and turned tail. Others held and were rewarded with a recovery of values in the past several months. This week, S&P/TSX index advanced more than six per cent. Not bad for doing nothing. Some made a conscious decision to hold, while others were too overwhelmed to react. Either way, they got some value back.

However, there was a third option … Buy!

Yes, you knew that stocks would come back up but prefer to further discuss with colleagues and impress with your insight. Our world will always continue to have two types of people: The ones that do and the ones that talk about it. Talking might get you a pat on the shoulder; doing takes you outside the box.

Follow the herd and you may share some of the leftovers, however, lead the pack and you will have first choice!

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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12-year-old plays first division soccer

A 12-year-old has played in a first division soccer game in Bolivia. Mauricio Baldivieso entered the match Sunday in the 84th minute in a game Aurora lost 1-0 to La Paz FC. He is believed to be the youngest player to take the field in a top-flight game in the South American country. METRO NEWS SERVICES

Sports

Suns extend Nash

Steve Nash, left, and the Phoenix Suns have agreed on a $22 million US, two-year contract extension, according to his agent. The deal will keep the two-time MVP point guard under contract with the Suns through the 2011-2012 season. The 35-year-old Victoria, B.C., native, entering his 13th NBA season, had one year left on his contract that would pay him $13 million next season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Stars come out for Weir's charity

Basketball icons and hockey stars, singers and comics and businessmen of international acclaim dotted the practise range at the Glen Abbey Golf Club yesterday morning in Oakville.

MIKE CASSESE/REUTERS

Former NBA basketball player Michael Jordan tees off during the inaugural Mike Weir Charity Classic golf tournament yesterday at Glen Abbey Golf Club in Oakville.

They were hitting drives and working on their short games before the inaugural Mike Weir Charity Classic, a few yards away from touring PGA professionals who make a living at the game. You know at least a few of the amateur contestants were thinking, "Yeah, I can do this, too."

After all, who among us hasn't thought of striping a drive 310 down the middle, of softly fading a 180-yard 9-iron to six feet, to playing the same shots on the same holes that the pros do with such relative ease so many times.

But while that is the beauty of golf — that some 25-handicapper can try his hand at the same shots the best in the world are faced with — the reality is that transferring that knowledge from mind to body is what separates them from us.

"Golf looks like a sport that if you get good at your local club, it's, 'Maybe I can try it,' that's the lure of it," Weir said before kicking off RBC Canadian Open week with his fundraising pro-am. "I think that's why amateur golfers can relate to pro golfers … they play the same golf courses, you see the same shots."

Sort of.

Even for an athlete as brilliant as Michael Jordan — and watching him smoke drives on the range was like watching some pro hit balls — the difference between playing on a Monday for fun and on the weekend for a multi-million dollar cheque is stark.

"I think Michael and other athletes realize how tough it is," Weir said.

"I think Michael (Jordan) and other athletes realize how tough it is."
Mike Weir

TORSTAR NEWS SERVICE

Sports in brief

SOCCER The Montreal Impact have released midfielder Sandro Grande, nine days after he put a chokehold on player-coach Mauro Biello during a 3-0 away loss to the Minnesota Thunder.

AQUATICS Canada captured its second medal at the world swimming championships yesterday when sychronized swimmer Marie-Pier Boudreau-Gagnon won bronze in the solo tech event, giving Canada a pair of third-place finishes at the world championships. Boudreau-Gagnon joins Alexandre Despatie and Reuben Ross, who finished third in the men's three-metre synchronized diving event Saturday.

DOME The aging home of the CFL's Saskatchewan Roughriders should be replaced with a domed stadium, according to a report released yesterday. The report pegs the cost of such a stadium at about $350 million, and says it could be ready in time for Saskatchewan to host the Grey Cup in 2013.

SOCCER Danish side FC Nordsjaelland's defender Jonathan Richter is in a coma after being hit by lightning during a reserve game. Richter was struck during a brief thunder storm yesterday and was unconscious when he was taken away in an ambulance.

MCNAIR The blood-alcohol level of former NFL quarterback Steve McNair was twice Tennessee's legal limit for driving when he was fatally shot by his girlfriend on July 4, according to a report.

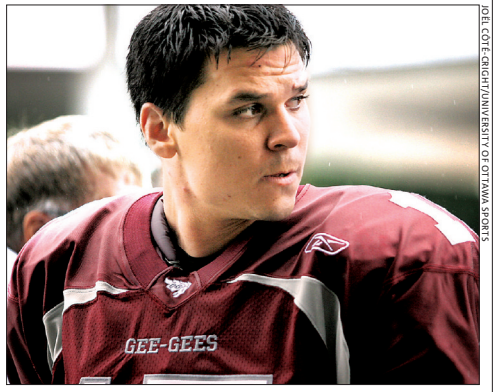
NBA The NBA is defending its minimum age requirement to the U.S. Congress, but a critical politician is unmoved and wants to meet with top league officials to discuss it. The policy requires that players be at least 19 years old and a year out of high school before entering the league. METRO NEWS SERVICES

Former Gee-Gees QB gives back

FocusOn FirstNations

STEPHEN JOHNSON
for Metro Canada

Josh Sacobie has achieved a lot as a football player and would like to accomplish even more away from the sports field.



JOEL COTE-CRIGHT/UNIVERSITY OF OTTAWA SPORTS

A former Ottawa Gee-Gees quarterback and a member of the Maliseet First Nation, Josh Sacobie has been working with Aboriginal communities in Ontario and Quebec since his graduation.

Sacobie was quarterback of the University of Ottawa Gee-Gees from 2004 to 2008. During his time with the Gee-Gees, Sacobie set numerous passing records and was a perennial all-star.

More impressive than the stats is his commitment to give back to the Aboriginal community. Sacobie is originally from Fredericton, N.B., and is a member of the Maliseet First Nation.

"There is a tremendous amount of work that needs to be done," explained Sacobie. "It is unacceptable that many Aboriginal communities live in Third World conditions in a First World country. I have the opportunity to share my struggles, but also to talk about my successes."

In the summers of 2007 and 2008, Sacobie put his principles into action. He worked with the Cree Nation of Mistissini in northern Quebec. The community is located about 1,100 kilometres northeast of Ottawa.

"My first summer there, I helped establish a football camp. It was great bringing football to a community that had never played it," he said. "For my second summer, I worked as a child-care worker. I spent most of my time just listening. Many children simply need someone they can talk to about their situation."

There is one experience Sacobie will never forget from Mistissini. "I had a chance to go on an adventure trip with youth and elders. We went to an isolated area where elders passed on the Cree traditions to the youth. It was amazing to be in a place totally peaceful."

This summer, Sacobie is again active with Aboriginal youth, working with an initiative called Gen 7.

"The purpose of the program is to bring a positive message to Aboriginal youth," Sacobie said. "We believe in doing follow-up in every community visited. For instance, I have had three sessions with youth at the Katarokwi Native Friendship Centre in Kingston, Ont. It is good for the young people to see you are committed to working with them."

Even though Sacobie holds a degree from the University of Ottawa, it is unlikely he will hold an office job in the future. "The thought of nine-to-five scares me. My passion will always be working with Aboriginal people. That is how I feel I can make a positive contribution."

Vick completes sentence

FOOTBALL Former All-Pro quarterback Michael Vick must now persuade NFL commissioner Roger Goodell to lift an indefinite suspension after completing his criminal sentence on dogfighting charges yesterday.

Michael Vick

"His status is under review," an NFL spokeswoman said. "There has been no timetable set."

Goodell, sensitive to fan reaction, has said he wants to meet with Vick and assess his remorse and dedication to being a positive influence going forward.

His case drew a storm of protest from animal rights groups and fans as details of the abuse of the dogs became known.

Vick, the top draft pick in 2001 and a three-times All-Pro, would be a free agent pending reinstatement. He was cut last month by the Atlanta Falcons less than five years after signing him to a 10-year, $130-million contract.

Opinion is mixed about how much interest Vick, who turned 29 last month, would draw from NFL teams once available.

"It's pretty much assumed at some point he'll be able to resume his NFL career," Jason La Canfora, a reporter for the NFL (TV) Network told Reuters in a telephone interview.

"He has unique athletic gifts, he possesses an amazing skill set. He has tremendous God-given gifts."

REUTERS

Touchable tousles

Tousle Me Softly is the newest collection from Herbal Essences. It's designeed to create tousled hair with seven products including spray gel and finishing cream. The products will be available in drug retailers next month. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Aboriginal diabetes

New project offers better access to healthy food and education

CELIA MILNE
For Metro Canada

"Many times the kids tell stories of their families being sick," writes a Grade 3 teacher in the Sandy Lake First Nations community in Ontario.

The teacher is talking about diabetes and finds the eight-year-olds have heard of it. She is one link in the Sandy Lake Health and Diabetes Project, conceived in 1991 to increase physical activity and encourage healthy eating in the aboriginal community. Sandy Lake now has better walking trails, better access to healthy food and better education.

"Low activity levels, excess calories, processed foods and stress are toxic to everybody... They result in diabetes and obesity. It is happening quicker in indigenous and marginalized populations."
Dr. Anthony Hanley, Canada research chair in diabetes epidemiology

The project — which is a collaboration between the local First Nation Band Council and University of Toronto researchers — is a good example of how grass roots enthusiasm can improve aboriginal health.

In Quebec, a similar initiative — The Kahnawake Schools Diabetes Prevention Project — teaches children how to avoid diabetes.

Diabetes is three to five times more common in First Nations people than in the general Canadian population. It is one of many modern illnesses that strike hard in this community. Why? Although genetic differences may play a small part, the culprits are the same ones that affect us all.

"Low activity levels, excess calories, processed foods and stress are toxic to everybody," says Dr. Anthony Hanley (PhD), Canada research chair in diabetes epidemiology at the University of Toronto. "They result in diabetes and obesity. It is happening quicker in indigenous and marginalized populations."

Often appalling living conditions make healthy choices difficult: "It is not a simple matter of genetics," agrees Dr. Malcolm King, scientific director of Aboriginal Peoples' Health at the Canadian Institutes for Health Research, who is based at the University of Alberta in Edmonton. "Look to the environment for underlying causes."

Poverty, overcrowded housing, lack of running water and lousy access to health services and supplies are the roots of the problem, he says. He believes research and development are needed in improving these basic needs.

"Such research will allow us to better design programs to reduce the vulnerability of aboriginal populations to diseases for which the underlying causes are social factors that are considered in countries such as Canada to be the rights of all individuals."

As in the case of Sandy Lake, positive change has to come from within. "The critical factor in all of this is to meaningfully involve First Nations, Inuit and Métis communities in the design and delivery of programs and research that affect and can have direct impacts on their well-being," says King.

FocusOn FirstNations

Diabetes is three to five times more common in First Nations people than in the general Canadian population. The culprits include low activity levels, excess calories, processed foods and stress.

When jealousy turns fatal

The J Spot
Josey Vogels
metronews.ca/thejspot

In assessing the mental state of M.T. — the Toronto teenager who badgered D.B., a guy she had been briefly involved with, to stab 14-year-old Stefanie Rengel to death in January of last year — the Crown's expert said she could evolve into someone like the dangerously obsessive character portrayed by actor Glenn Close in the 1987 movie Fatal Attraction. Remember? The boiled pet bunny scene?

While the defense may argue that this is a sensational analogy, the emerging portrait of a young women who has displayed anger, jealousy and manipulation with at least three boyfriends, who is needy and attention-seeking and has abandonment and rejection issues doesn't exactly make her the poster child for healthy relationships.

Sure, we've all had our jealous moments. In fact, I never trust those people who proudly claim: "I simply don't get jealous." It's creepy.

Biologists say jealousy is in our evolutionary interest as it keeps our mate from straying. Anthropologists say it doesn't exist in cultures where relationships outside of marriage are accepted. Psychologists say people who have experienced abandonment in their lives are often extremely jealous out of fear of losing their partner.

Anthropologist Helen Fisher studied the brain activity of people who were spurned by a lover and discovered that, "The dopamine produced when we fall in love occurs in the 'rewards system' of the brain. When the brain realizes that a reward is delayed in coming, other parts of the reward system — those associated with motivation and focused attention — sustain their activity."

In other words, when we are rejected, we often become more focused on getting that person's attention. To add insult to injury, the stress involved with not getting what you want further elevates levels of dopamine. Fisher coined the term, "Frustration Attraction" for this condition. You might know it as obsession.

Certainly, when we're younger and lacking the experience and emotional maturity to handle the heady mix of feelings that relationships bring, jealousy can be an immature response. But most of us eventually learn the destructive nature of this emotion and know when to curb it.

If we don't, one can become so consumed by it that it causes them to kill someone or to kill themselves, explains Fisher.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Warning for pregnant women
Women are three times more likely to have a baby with spina bifida if they don't eat a mainly Mediterranean diet. A study found women who eat more fruit, vegetables, fish and whole grains are less likely to have a child with the condition. **BEST HEALTH MAGAZINE**

Summer feet suffer

Limit flip flop use and reduce swelling with exercise: experts

CELIA MILNE
For Metro Canada

Ah, the sweet summer sound of flip flops clicking underfoot as we frolick in the sun.

It's summertime and our toes are finally free to wiggle! But, according to two Canadian podiatrists, foot problems are common in the summer, and one of the culprits is too much time spent wearing flip flops.

"Flip flops are a poor quality of foot wear," says Dr. Paul Leszner, a podiatrist (foot doctor) in Toronto. "They offer no support and should only be used to wear around the pool."

People who spend the whole day wearing flip flops for a range of activities are setting themselves up for foot pain, agrees Dr. Roy Mathews, a podiatrist with clinics in New Westminster and Kerrisdale, B.C. "You should never do anything active besides walk in a flip flop. Ever!" he says.

When you are buying sandals, there are certain things to look for to prevent foot problems, say the podiatrists. First of all, a heel cup to grip the heel is a good idea to prevent the foot from rolling side to side.

Arch support is also helpful to take the pressure off the underside of your feet. Straps over the foot will provide more security than a strap between the toes.

When buying sandals look for arch support, heel cup, say experts

Most important of all is rigidity, says Mathews, which means less stress transferred to the foot.

"Flip flops are a poor quality of foot wear ... They offer no support and should only be used to wear around the pool."
Dr. Paul Leszners, Toronto podiatrist

Brand names of solid, supportive sandals mentioned by Mathews and Leszner include Naot, Mephisto, Birkenstock and FinnComfort.

Flip flops may come in handy in protecting you from Plantar's warts, which are caused by a virus that many people pick up from spending time around a pool in bare feet.

Other common foot problems in summer include swelling in the feet, blisters and athlete's foot, which is caused by a foot fungus.

Swelling in the feet often occurs as the temperature rises. The high temperatures result in a vasodilation of blood vessels so that more fluid is brought into our feet. Believe it or not, exercise is an excellent way to reduce swelling, suggests Leszner. Combine this with rest periods when you elevate your feet above heart level, he adds.

A more serious problem is a pooling of blood in the feet, known as venous insufficiency, adds Mathews, who is the team podiatrist for Vancouver Whitecaps Soccer Team. "If you have chronic swelling in your feet, you should see a physician," he says.

Athlete's foot is another summertime peril: It's often the result of wearing shoes without socks and not washing the shoes. Blisters can also build up from excessive sweating. Take the time to wear socks and proper running shoes for physical activity.

ISTOCK PHOTO

People who spend the whole day wearing flip flops for a range of activities are setting themselves up for foot pain, say podiatrists.

Hair products with UV protection

JENNIFER YANG
For Metro Canada

We all know what the sun can do to our skin, but what about its effects on our hair?

Sun worshippers slather on sunscreen with near-religious devotion but when it comes to our tresses, many of us aren't shielding ourselves from the sun's powerful beams.

"Your hair has moisture and when you're being exposed to the sun, it's just multiplying the problem of over-dried hair," insists Robert Barbosa, a Redken session stylist and owner of Salon Escape. "All of a sudden your hair becomes extremely dry."

Summer sun can be a hairdresser's biggest pet peeve; it causes colour to fade, curls to flatten and even the shiniest heads of hair to dull.

To ensure a hot summer 'do that's sun-kissed, not sun-baked, invest in hair products with UV protectors like Redken Color Extend or Nexxus Salon Hair Care.

"Products with UVA and UVB protectors are a must these days," Barbosa says. "You can actually see the damage of the sun. The new growth area looks shiny, resilient… and by the time you get to the ends, you see over-porous hair and most of the time it's split ends."

Whether you're poolside or beachfront, take the steps to protect your mane this summer.

Sunshine isn't the only summertime hair hazard, however, and once swimsuit season is upon us, hair can get damaged from the water too. While seawater works wonders for getting that textured beach-babe look, salt can build up and cause strands to grow brittle and break. With freshwater lakes, all those minerals swimming around can cause colour-treated hair to lose its hue.

But chlorine is the biggest buzz kill when it comes to keeping summer hair happy, says Tony Masciangelo, a professional stylist for Nexxus and owner of The Alcorn salon in Toronto.

"Chlorine dries out hair that isn't even coloured," he says. "If you can avoid it, avoid it."

So whether you're poolside or beachfront, take the steps to protect your mane. Barbosa recommends always wetting your hair immediately, since dry hair is more vulnerable to absorbing unwanted chemicals or mineral deposits.

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IS THERE A TOOTHPASTE THAT IS BEST FOR YOU?

Dr. George Parry
Dental Surgeon

For years, marketing and advertising companies have spent a lot of time extolling the virtues of a particular brand of toothpaste. We have seen toothpastes that claim to be specially designed to control tartar, to whiten your teeth or to freshen breath. The question that remains for many people is what toothpaste is best for them?

The best answer we can give is any toothpaste that is approved by the Canadian Dental Association and which encourages you to brush regularly.

This may not help you to narrow down the selection. However, it is difficult to say that any one toothpaste is better for you than another. As long as it is carries the seal of the CDA, you can be confident that a brand has been tested and approved by the very organization that governs dentists nationally.

Beyond that, you should be aware that all toothpastes help remove tartar, whiten teeth and freshen breath. The reality is that the mechanics of just brushing is responsible for accomplishing most of this. Brushing prevents the build-up of food and bacteria on the teeth and gums. Removing the food and bacteria alone will go a long way toward controlling tarter, making the teeth appear whiter and making breath feel and taste fresher.

Still, some brands of toothpaste do contain ingredients that can make them slightly better at certain tasks. For instance, one brand may contain more of an abrasive agent that removes more tartar. Another may have an additional whitening agent that can help make the teeth appear slightly whiter.

One time your dentist may recommend a particular brand of toothpaste is if you are experiencing undue sensitivity. There are toothpastes that can help reduce sensitivity and you may want to switch to one at least until the problem clears up.

Which brand you use is really a matter of personal preference. If you feel you would benefit by using a toothpaste that helps make your teeth whiter, as long as it is CDA approved, go ahead and use that toothpaste.

The reality is that there are a number of excellent toothpastes on the market. Any toothpaste that encourages you to brush and floss at least two times per day, and which is CDA approved, is probably the best toothpaste for you. Because brushing at least twice per day and flossing regularly are healthy habits…and healthy habits lead to healthy lives.

Dr. George Parry
Dental Surgeon

Noot Seear joins New Moon

Vancouver model-turned-actress Noot Seear is joining Robert Pattinson and Co., as villainess Volturi vampire Heidi in New Moon. "I started reading the books," she tells Women's Wear Daily, "and I couldn't put them down." PEOPLE.COM

Entertainment

Twilight Zone

Leonardo DiCaprio's company Appian Way has hired a writer to pen a Twilight Zone film. The movie will be a second stab at a big screen version of the classic '50s TV sci-fi fantasy chiller. EMPIREONLINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Coraline

Director: Henry Selick

THE DVD COMES with old-school 3-D glasses, mimicking the theatrical effect, but this masterful children's horror fantasy is so full of life and texture it doesn't require any such frippery.

You don't need things popping out of the screen to appreciate what director Henry Selick (The Nightmare Before Christmas) and his stop-motion boffins have done with Neil Gaiman's frightfully good story.

Coraline (pronounced Cora-LINE) presents a fully realized alternate world, just outside our own, that simultaneously enchants, terrifies and instructs — the lesson being contained in the tagline adage, "Be careful what you wish for."

It's the dark side of the Alice in Wonderland legend, the saga of a young girl (Dakota Fanning) who enters a cosmic portal to find a world both thrilling and challenging. Unlike the Lewis Carroll story, Gaiman's midnight vision has evil spiders and rats, rather than benevolent rabbits and caterpillars.

The movie also owes a debt to Tim Burton, the visual whiz who produced The Nightmare Before Christmas, and whose earlier Beetlejuice is fondly recalled in the design of Coraline's funky home, where most of the action takes place.

Watchmen

Director: Zack Snyder

HAPPINESS is a relative thing in Watchmen, like the blood-spattered smiley face that is its most powerful symbol.

The surly superheroes of the film's titular collective don't particularly care about saving the planet — and why should they? Their most powerful member, glowing blue quasi-deity Dr. Manhattan (Billy Crudup), can stop most but not all of the bombs in an impending U.S.-Soviet nuclear war. Earth would only be relatively ruined.

Such cynical fatalism hangs heavily over Zack Snyder's exceptional live-action adaptation of the apocalyptic 1980s comic satire by Alan Moore and Dave Gibbons.

Most of the visual details and all of the character shadings of the source — first a comic book series, later an award-winning graphic novel — arrive with gratifying exactness and astounding depth.

Against considerable odds Snyder (300) has directed a movie that should satisfy fanboys while engaging adventurous newcomers. Anyone looking for traditional caped heroics should heed the film's first words, as government-backed assassin and rapist The Comedian (Jeffrey Dean Morgan) bites the concrete: "Wrong as usual."

Peter Howell/for Metro Canada

Race against time

Woman travels back in time to save world in APTN pilot

IAN JOHNSTON
for Metro Canada

Writer/director Richard Story says his TV pilot, The Time Traveler, is a little different from what folks might expect to see on the Aboriginal Peoples Television Network.

"But not just APTN," says Story, who wrapped filming of the one-hour pilot last week in Toronto. "It's a native time travel sci-fi drama — so it's pretty unique for anywhere."

Produced by Story, Sandra Edmunds, Lorne Cardinal and Kent Sobey, The Time Traveler follows young Nikki (Elitsa Bako), who lives in a future Earth where man has finally learned to live in harmony with nature.

Unfortunately, man is also doomed due to infertility. To save her world, Nikki must travel back to present day Toronto and find the key to saving her dying species.

Shot on a budget that producer Sobey describes as "less than your traditional pilot," The Time Traveler got around its budgetary limitations by approaching the project like an indie feature.

"You use a small crew, you shoot on the street, you get really great shots and sound, fantastic performances, and you take your time putting it together," says Story, who has two features to his resume.

APTN director of programming Peter Strutt says Time Traveler is part of the channel's increased emphasis on drama — particularly drama with an appeal outside its core audience.

"There will always be our niche programs. But opportunities do arise with some programs to crossover into new audiences," says Strutt, citing recent projects like the family series Mixed Blessings and APTN's sketch comedy Caution May Contain Nuts.

APTN has also joined with other specialty channels in recent years on crossover fare. Recent successes include the casino-set drama Cashing In (made with Showcase), and the creepy crime drama Rabbit Fall, which aired not only on APTN, but Vision and Space.

"In collaborations, we can maximize limited resources and support more drama," says Strutt.

The Time Traveler — tentatively scheduled to air in late fall — seems sure to attract more than the regular APTN audience. But that said, Story says it will still deal in aboriginal issues, such as the forced indoctrination of native children into other cultures.

"The pain and alienation of something like that will be there. But for non-aboriginal viewers, it'll be about the story and characters first. But if you're aboriginal and watching it, it's going to be very obvious."

COURTESY JANEK LOWE/TIME TRAVELER PRODUCTIONS

Richard Story goes over a scene with one of the stars of his new APTN pilot The Time Traveler.

FocusOn FirstNations

Characters owned by DC Comics storm the film world

In the comics universe, where characters are endlessly reborn and reoutfitted, a motto from the 1980s — "DC Comics is on the move" — could just as well apply to the current, hyperactive state of the publisher as it relates to Hollywood.

A year after The Dark Knight became a worldwide phenomenon, there are more DC Comics adaptations in the works than at any other point since the company was acquired by Warner Bros. in 1969.

Among the projects on front burners:

- The Losers, an action-adventure drama starring Jeffrey Dean Morgan, Zoe Saldana and Chris Evans, begins principal photography this week in Puerto Rico.
- Jonah Hex, a supernatural Western starring Josh Brolin, Megan Fox and John Malkovich, recently wrapped production.
- The Green Lantern, Warner's next big superhero tentpole, is set to star Ryan Reynolds.
- Fox has picked up the TV series Human Target, starring Mark Valley, for the fall.
- And, in a rare example of a film project that has ventured off the Warners reservation, DC has set up Red, a spy thriller to star Bruce Willis.

"One of the things that has differentiated us ... is the depth of our library and the depth of the creative material that we've put out and the opportunities that creates for other media." Paul Levitz

"One of the things that has differentiated us for most of the last 20 years is the depth of our library and the depth of the creative material that we've put out and the opportunities that creates for other media," DC Comics president Paul Levitz said.

Still, when Dark Knight invaded theaters last summer, critics of DC and Warners complained there didn't appear to be a grand strategy in place to exploit DC properties. In contrast, DC arch-rival Marvel moved quickly in the wake of its successful Iron Man to stake out a series of release dates for a slew of movies, branding them as part of one big Marvel universe leading to The Avengers in 2012.

But DC and Warners have taken a different approach, arguing that DC has a wider breadth of books. They say their situation isn't comparable to Marvel, which already has licensed out a number of its biggest titles: Spider-Man is housed at Sony, while X-Men and Fantastic Four are at Fox. REUTERS

In fighting trim
Two years and 50 pounds later, Valerie Bertinelli has come full circle in her quest for total fitness with her triumphant completion of a half-marathon in California over the weekend. POPEATER.COM

Henstridge to star in Stan Lee project

COMICS Stan Lee has hired Natasha Henstridge to voice the female lead in Time Jumper, his newest comic invention. The "digital comic book-style thriller," as Lee describes it, debuts Thursday at the big Comic-Con gathering in San Diego, where Lee will showcase footage from the project. Henstridge will voice Vyle, the story's villain. Disney's home entertainment division is distributing Jumper via cell phone and the Web in 10 serialized five- to eight-minute episodes to be released every two weeks through December.

GETTY IMAGES

Henstridge

Viola Davis circles Julia Roberts film

FILM Recent Oscar nominee Viola Davis is negotiating to take a role in Eat, Pray, Love opposite Julia Roberts and Richard Jenkins.
Ryan Murphy has written the Columbia Pictures adaptation of Elizabeth Gilbert's memoir and will direct the film about a woman (Roberts) who sets out on a journey of self-discovery after a terrible divorce.
Davis, who was nominated this year for best supporting actress for her role as an anguished mother in Doubt, would play the woman's best friend, Delia. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

Creepy and cute-as-a-button

'There aren't really bad little girls in movies'

NED EHRBAR
Metro World News

Movie feature

Isabelle Fuhrman wants everyone to know that she's not actually a psychopath.

The 12-year-old actress is so convincing as Esther, the titular adoptee of Orphan, that strangers have been giving her a wide berth since the promotional campaign launched.

"A lot of people who recognize me expect me to be some freaky child who's weird and walks around giving this glare, but I'm not," she insists. "I'm totally different than Esther. It's called acting, OK?"

And it took a lot of work to bring the mysterious, preternaturally creepy Esther to life, but Fuhrman says hair and makeup did most of the work for her. "The minute I got my hair curled, the minute I got into my dress, I would just transform into her, then I would go throughout the day being her, being Esther," Fuhrman says. "Something clicked every morning when I put on the dresses."

While creepy kids are nothing new in scary movies, it's rare that audiences see a creepy little girl. "Most evil characters are male, like in The Good Son or The Omen," Fuhrman says. And that's something that attracted her to the part.

"There aren't really bad little girls in movies. There was The Exorcist, but I never saw that movie. I probably never will," she adds with a laugh.

Making a horror movie in which half the main cast is under the age of 13 can be tricky, especially when the main antagonist is an adorable little girl.

The filmmakers did the best they could to shield their young cast from the coarser subject matter, using barely noticeable digital effects to add in things like swinging hammer heads and stabbing knife blades or coaching Fuhrman to give the right look or line reading without really letting on what her character was up to.

Beginning her career at age seven, Fuhrman has mostly done voiceover work, along with the occasional skit on Jay Leno's Tonight show.

But given that her face basically is the marketing campaign for Orphan, Fuhrman is sure to get a lot more attention than before. "I go to normal school. I have friends," she says of her non-Hollywood lifestyle. Still, she doesn't mind freaking people out on the street. "If America hates me, I've done my job."

Orphan opens in theatres on Friday

From left, Vera Farmiga as Kate and Isabelle Fuhrman as Esther in the horror thriller Orphan.

Viola Davis circles Julia Roberts film

FILM Recent Oscar nominee Viola Davis is negotiating to take a role in Eat, Pray, Love opposite Julia Roberts and Richard Jenkins.
Ryan Murphy has written the Columbia Pictures adaptation of Elizabeth Gilbert's memoir and will direct the film about a woman (Roberts) who sets out on a journey of self-discovery after a terrible divorce.
Davis, who was nominated this year for best supporting actress for her role as an anguished mother in Doubt, would play the woman's best friend, Delia.

Adam Beach joins cast of Big Love

TELEVISION Law & Order: SVU veteran Adam Beach has joined HBO's Emmy-nominated polygamy drama Big Love in a season-long recurring role. The Canadian native will play Tommy Flute, the son of Bill's (Bill Paxton) partner, the head of the Indian Gaming Casino Jerry Flute (Robert Beltran). Beach's credits also include Clint Eastwood's Flags of Our Fathers. REUTERS

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/21/09	265	353	2	TVO	Undersea Exp.	Parks	The Best of The Agenda		Child Genius 2		Secret Life of the Brain		Best-Agenda
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Bounce" (HDTV)		Big Brother 11 (N)		NCIS "Stakeout"		News
	-	-	5	SRC	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
	209	342	6	CHRO	The Road to Avonlea		Monk		America's Got Talent (N)		Cupid "Left of the Dial"		Comedy Now
	196	311	7	CTV	Hollywood	etalk	CSI: Miami		Criminal Minds (HDTV)		Law & Order: SVU		CTV News
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News
	117	713	10	TVA	Qui perd gagne (SC)		Fort Boyard (SC)		Nos étés "L'Eté 1966" (SC)		TVA 22 heures	Juste pour rire	Sucré-salé
	-	-	11	QS	Catherine (SC)	Criss Angel	Lipstick Jungle (SC)		Génération séduction		Piégé Zézé	Le Sport	Call TV
	137	763	12	TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Les Mariés de l'an deux* (1971, Aventures) Marlène Jobert.				Esprit
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Bounce" (HDTV)		Big Brother 11 (N)		Medium "Soul Survivor"		Two/Half Men
	216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (Season Premiere) (N)				Make Me a Supermodel		CityNews
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Inside Hollywood		Better Off Ted	Better Off Ted	Ruby (N)	Ruby (N)	News/Eleven
	-	361	20	ABC	Action News	Entertainment	The Superstars (N)		Better Off Ted	Scrubs	Primetime: Family Secrets (N)		News
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
	651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (Season Premiere) (N)				FOX 2 News (N)		Newsedge
	-	-	64	PBS	Business Rpt.	Primal Grill	Nova (DVS)		Nova scienceNOW (N)		P.O.V. "The Betrayal (Nerakhoon)" (N)		
news	205	312	104	CTV	Hollywood	etalk	CSI: Miami		Criminal Minds (HDTV)		Law & Order: SVU		CTV News
	502	390	26	NW	CBC News	Mansbridge	The Hour		CBC News: The National		Capturing a Short Life		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	PartyPoker.net Irish		UFC: Access	MMA Conn	Best Damn Sports Show		Sportsnet Connected		Sportsnet Con.
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	MLB Baseball Cleveland Indians at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Cabby Unlimit	Score Update	Poker Equalizer.		World Series of Poker		Score Tonight		Final Score
	411	457	56	OLN	Dog the Bounty Hunter		Cycling Tour de France -- Stage 16. From Martigny to Bourg-Saint-Maurice.						Cycling
family	417	406	59	SC	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!	Jacked!	Pimp My Ride
	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	615	520	31	A&E	The First 48 "Last Wish"		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner "Split Ends"		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ways to Die	Ways to Die	Ways to Die	MANswers	MANswers
	521	560	34	TLC	Restorer Guy	Real Estate	Moving Up (HDTV) (N)		18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	18 Kids-Count
	145	761	35	TV5	Dieux et démons		Ils ont marché sur la Lune			Étoile	Expression	Montre-moi	Journal TV5
	616	521	39	SHO	The Outer Limits		Painkiller Jane		*The House Next Door* (2006, Suspense) Lara Flynn Boyle.				House
	620	523	40	BVO	Journey Justin Hines		Live at the Rehearsal Hall		Michael Bublé		Bravonews	Bravo!Videos	Law & Order
	520	505	42	DIS	Daily Planet		How It's Made	How It's Made	Against the Elements (N)		Deadliest Catch (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	Skin Deep	Til Debt-Part	Rich Bride, Poor Bride		Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	294	529	47	TBS	MLB Baseball San Francisco Giants at Atlanta Braves. From Turner Field in Atlanta.						Seinfeld	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager		Torchwood		Torchwood: Children of Earth		Stargate SG-1
	581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	Run's House	Run's House	Daddy's Girls	Daddy's Girls	MTV Live
	618	524	54	TROP	Power Play		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	522	506	55	HIS	NCIS "Once a Hero"		Lost Worlds		To Build a Nation		NCIS "Once a Hero"		Marine Mach.
	129	773	60	CD	Biographies (HDTV)		Cités sous surveillance (HDTV)		C'est incroyable!		Alliance meurtrière		Images-chocs
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		5 Seekers	Search	Poltergeist
	602	567	62	W	Style by Jury	Friends	House	Style by Jury	Style by Jury	Style by Jury	*A Job to Kill For* (2006, Suspense)		
	269	350	70	APTN	Wings-Canada	Tears	Chiefs-Champ	Tribal Treks	From the Spirit	New Canoe	The Rez	Short Cuts	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Look-A-Like	Look-A-Like	Tonight Show-Conan O'Brien		TMZ
	603	561	95	FN	Chef at Home	French Food	At the Table	At the Table	Hell's Kitchen		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Scrubs
"Scrubs" proudly has kept itself mainly free of sentimental "awwwwwwww" moments, so you probably won't need to keep a box of hankies nearby as the Janitor and Lady (Neil Flynn, Kit Pongetti) hold their typically quirky tropical seaside wedding ceremony in part one of "My Soul on Fire." Zach Braff, Sarah Chalke, Donald Faison and John C. McGinley also star. 9:30 PM on 20 ABC

The Cleaner
Twin sisters whose personalities are polar opposites discover their paths to recovery may be intertwined. William's (Benjamin Bratt) old pal Greg comes to visit but soon strains their friendship by hitting on Melissa (Amy Price-Francis) and then tempting an addict with heroin in exchange for sex. Grace Park and Kevin Michael Richardson also star in the new episode "Split Ends"; Brian Van Holt guest stars. 10 PM on 31 A&E

MJ movie in works

It didn't take long — Variety reports High School Musical director Kenny Ortega has been tapped for a Michael Jackson film project in which Sony Pictures paid $50 million US to AEG Entertainment for rights to the 80 hours of Jackson rehearsal footage. FEMALEFIRST.CO.UK

Celebrity Buzz

Threats derail Brit's family plans

DANGEROUS After receiving a series of email death threats, Britney Spears is opting to drop her two sons off in London during the Russian leg of her world tour rather than take them with her.

"Originally, both boys were to accompany Britney but she was against taking them because of these constant threats," a tour spokesman told the Sun.

Spears herself will base her operations out of Finland for the St. Petersburg and Moscow concerts next week. The identities of the those sending the threatening emails are unknown. METRO WORLD NEWS

GETTY IMAGES

MJ doctor shares blame: Tito

ACCUSATION Tito Jackson claims Dr. Conrad Murray's "panicking" helped cause his brother's death, femalefirst.co.uk reports.

Jackson — who was devastated when brother Michael died of suspected cardiac arrest last month — accused the star's physician of wasting vital minutes by not getting help quickly after he collapsed and stopped breathing.

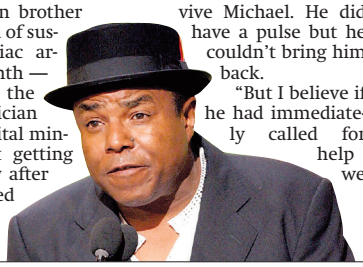
He said: "My opinion is that he panicked when my brother didn't wake up.

"I think the doctor probably figured he was in trouble and he tried to revive Michael. He did have a pulse but he couldn't bring him back.

"But I believe if he had immediately called for help we might still have my brother here today, he would definitely still be alive."

Tito also accused Murray of failing to carry out CPR correctly. It has been revealed the physician administered CPR on the dying star while he lay on a soft bed instead of the accepted practice of a hard surface.

Tito, 55, added in an interview on Spanish TV: "The CPR attempt is one of the things I noticed that was very strange." METRO NEWS SERVICES



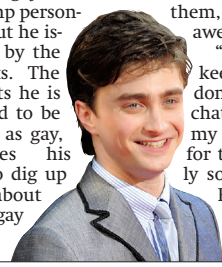
Daniel loves gay rumours

RUMOUR MILL Daniel Radcliffe loves the fact people think he's not straight, femalefirst.co.uk reports.

The Harry Potter star admits that strangers often think he's gay because of his camp personality — but he isn't fazed by the comments. The star insists he is so thrilled to be mistaken as gay, he urges his friends to dig up gossip about him on gay blogs.

He told Moviefone: "It's wonderful. I grew up around gay people my entire life, basically, that's possibly why I'm quite camp, and some people think I'm gay when I meet them, which I think is awesome.

"It's always good to keep them guessing. I don't go on any blogs or chats or anything, but my friends are demons for them, and apparently someone said 'Daniel Radcliffe is gay. He's got a gay face.'" METRO NEWS SERVICES

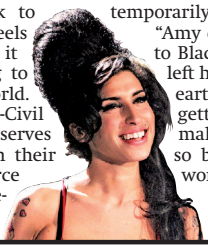


Blake wants album royalties?

GOLD DIGGER? Amy Winehouse's estranged husband is after a piece of her hit album, Back to Black, since he feels he's the reason it exists, according to News of the World.

Blake Fielder-Civil claims that he deserves $9 million US in their pending divorce settlement because he was the inspiration for several songs on the album, written while the pair had temporarily split.

"Amy did write Back to Black when Blake left her, but why on earth should he be getting a dime for making her feel so bad?" a source wondered. METRO WORLD NEWS



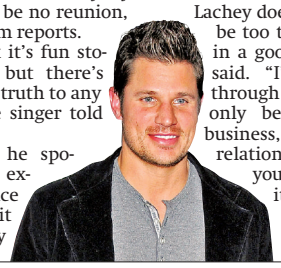
'No' to reunion with Jess

OFF THE TABLE Although Jessica Simpson and Nick Lachey — former spouses and stars of reality show Newlyweds — find themselves suddenly single at the same time, Lachey says there will be no reunion, people.com reports.

"I think it's fun storytelling, but there's very little truth to any of it," the singer told People.

So has he spoken to his ex-wife since her split from Tony Romo? "I haven't talked to her in probably two years," he said. "I wish her happiness. That's where it pretty much ends."

As for his own breakup with Vanessa Minnillo, Lachey doesn't seem to be too torn up. "I'm in a good place," he said. "I've learned, through years of not only being in this business, but being in relationships, that you have to take it as it goes." METRO NEWS SERVICES



Best or worst boyfriend ever?

REAL SMOOTH Really sweet or just really cheap? When they were dating several years ago, John Mayer was set to miss Jessica Simpson's birthday because of a tour, according to Page Six.

"Everyone thought John would forget her birthday, but then a gift arrived from him," a source said. "It was a DVD of him in concert. Jessica spent the rest of the night watching the DVD on a loop, 'being with him.' It was so sad." METRO WORLD NEWS

Mischa troubles delay show?

FALLOUT While rumour is actress Mischa Barton is allegedly on suicide watch in a Los Angeles hospital, the Hollywood Reporter reveals production on her new CW series, The Beautiful Life, has been delayed for a week. Shooting was set to begin tomorrow but will now begin July 31. Producers insist the delay has nothing to do with Barton's hospitalization and is instead because several sets have not yet been completed. METRO WORLD NEWS

Scarlett in, Gwyneth out?

BEEF There appears to be tension between the starlets of Iron Man 2 after the release of promo photos.

Gwyneth Paltrow, star of the Iron Man series, is reportedly miffed that sequel co-star Scarlett Johansson is featured more than her, the Sun reports.

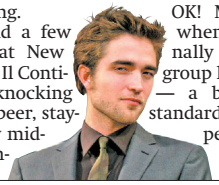
"Gwyneth was afraid she'd be upstaged by Scarlett and not being in the campaign was the final straw," a source said. "She is furious she's been left out." METRO WORLD NEWS

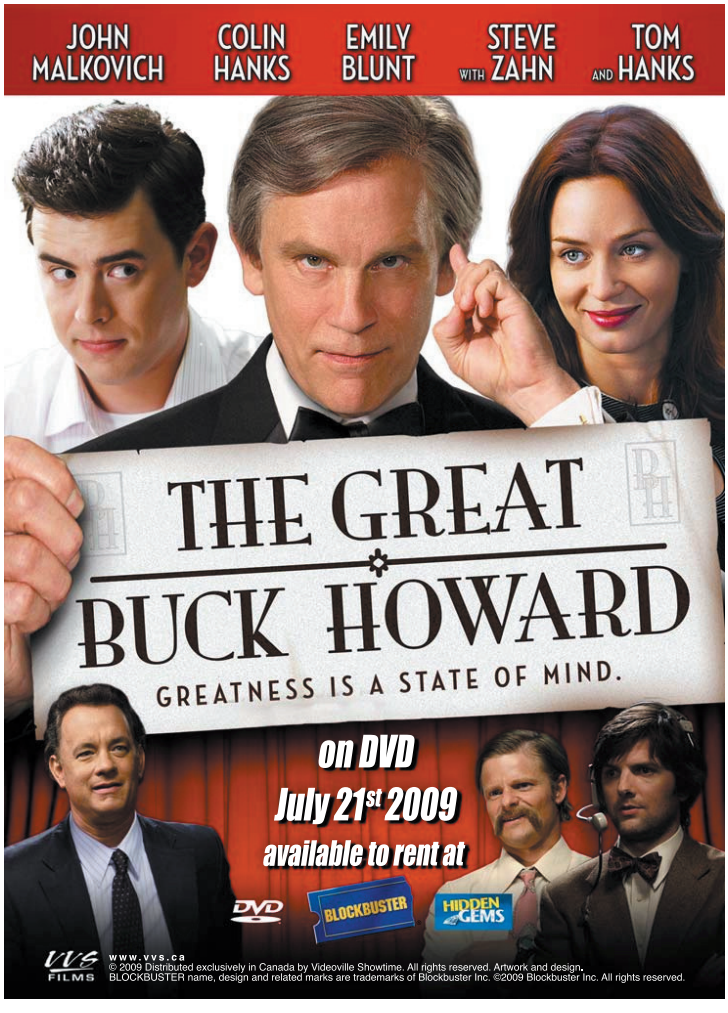
Robert a bad restaurant tipper?

FOR SHAME Apparently Twilight star Robert Pattinson hasn't quite mastered the custom of tipping.

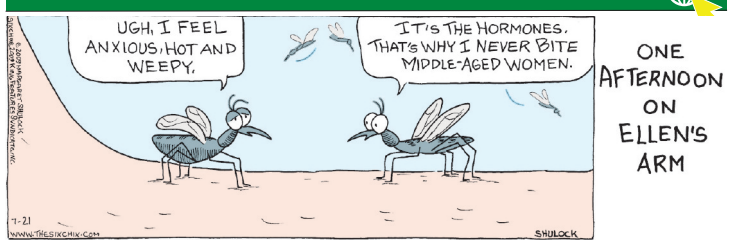
The actor and a few friends dined at New York restaurant Il Continori recently, knocking back wine and beer, staying until nearly midnight and running up a bill of $350 US.

"They were the last diners to leave," a source told OK! Magazine. But when they did finally depart, the group left a tip of $50 — a bit under the standard minimum 15 per cent. METRO WORLD NEWS





SixChix — For more cartoons, visit metronews.ca



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Wednesday Showers 70% 23° / 17°
Thursday Showers 80% 26° / 18°
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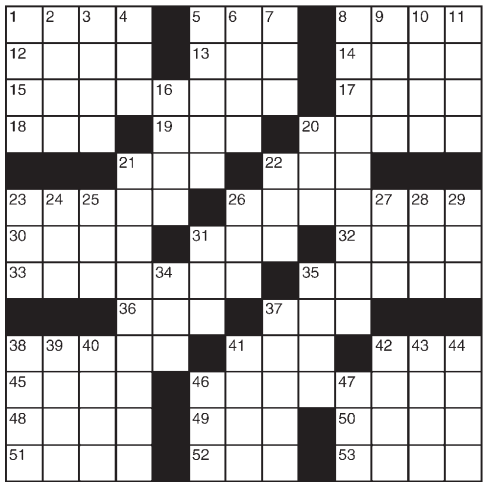
Take Five



Crossword across

1 Gumbo pod
5 Hot tub
8 "War of the Worlds" world
12 Do some fingerpainting
13 Embrace
14 Egress
15 Stick with a kick
17 Pleasant
18 Drunkard
19 Pismire
20 Beginning
21 Turn on the waterworks
22 Greet the villain
23 Westminster, e.g.
26 Our first chief justice
30 Burp a Tupperware lid
31 "Friends" cast member
32 "Music Man" locale
33 Fit
35 Precipitous
36 Mentalist Geller
37 Witness
38 Squamous
41 Madam's partner
42 Leary's drug
45 Amahl's night visitors
46 Moocher
48 Leave out
49 It has strings attached
50 Birthright barterer
51 Kelly or Simmons
52 Nerd-pack occupant
53 Means' mates

Crossword down

1 Probability
2 Deck, in the ring
3 Litter's littlest
4 Lawyers' org.
5 Lustrous
6 Green shot
7 Census stat
8 Amish, e.g.
9 Pivot line
10 — Krispies
11 Undo a dele
16 Author — Higgins Clark
20 Reaction to fireworks
21 Gym-goer's target, maybe
22 Carton
23 Blond shade
24 Spelldown
25 Sheepish remark
26 Cohort of Whoopi and Elisabeth
27 Average guy
28 Shock partner
29 Shrill bark
31 Actor McBride
34 Attempt
35 Antitoxins
37 Ambulance warning
38 Urban blight
39 Arrived
40 Not "fer"
41 Benefit
42 Sax-playing Simpson
43 Go no farther
44 God (Lat.)
46 3-Down, e.g.
47 Stitch

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6		5	2	8		1	
3								5
		9				6		
8	4		1		2		9	7
				7				
5	7		4		3		8	6
		5				7		
9								2
	8		6	1	4		3	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	O	A	■	■	B	B	S	■	C	O	R	D
L	A	M	S	■	E	O	N	■	O	B	E	Y
O	H	I	O	■	T	O	O	■	L	I	V	E
C	U	R	D	S	■	M	O	L	D	■	■	■
■	■	■	A	I	M	■	P	A	M	P	A	S
R	O	O	F	T	O	P	■	C	O	U	R	T
U	N	D	O	■	B	A	G	■	U	R	G	E
S	T	O	U	T	■	D	O	W	N	L	O	W
T	O	R	N	U	P	■	B	A	T	■	■	■
■	■	■	T	E	A	M	■	R	A	G	E	S
I	O	T	A	■	P	A	W	■	I	N	T	O
K	I	W	I	■	A	G	E	■	N	A	N	O
E	L	O	N	■	L	I	D	■	■	W	A	N

6	7	1	8	5	2	4	3	9
5	3	4	7	9	6	1	8	2
9	2	8	4	1	3	6	7	5
7	5	9	3	8	4	2	6	1
1	8	6	9	2	7	3	5	4
3	4	2	1	6	5	7	9	8
4	6	5	2	3	8	9	1	7
8	9	7	6	4	1	5	2	3
2	1	3	5	7	9	8	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Baked Eggplant with Yogourt

INGREDIENTS:
4 tbsp (60 ml) extra virgin olive oil
1 red onion, finely chopped
2 garlic cloves, finely chopped
1 can (398 ml) diced tomatoes
2 tbsp (10 ml) sundried tomato paste
1/2 cup (125 ml) dry red wine
1 bay leaf
2 tbsp (25 ml) chopped parsley
Pepper to taste
3 small eggplants, cut into 1/2-in. (1-cm) slices
3 zucchinis, thinly sliced
1/2 tsp (2 ml) ground cumin
14 oz (400 g) plain low-fat yogourt
2 eggs, beaten
2 tbsp (25 ml) freshly grated Parmesan cheese

METHOD:
1. Heat 1 1/2 tbsp (20 ml) oil in pot, add onion and cook about 8 minutes or until softened. Add garlic and cook for further minute, stirring. Stir in diced tomatoes with their juice, tomato paste, wine and bay leaf. Cover and simmer gently 10 minutes.
2. Uncover pot and let sauce bubble 10 minutes or until thickened, stirring occasionally. Remove bay leaf. Stir in parsley and pepper.
3. While sauce is simmering, preheat broiler. Lightly brush eggplant and zucchini slices with remaining 2 1/2 tbsp (30 ml) oil. Cook under broiler, in batches, 3–4 minutes per side or until browned and very tender.
4. Preheat oven to 350 F(180 C). Stir cumin into half the yogourt. Arrange one-third of eggplant slices, in one layer, in 2 ½-qt (2.5-l) ovenproof dish. Spoon over half the tomato sauce. Arrange half of zucchini slices on top, in one layer, then drizzle with half the cumin-flavoured yogourt. Repeat layers, then finish with layer of remaining eggplant slices.
5. Mix remaining 7 oz (200 g) yogourt with beaten eggs and half the Parmesan cheese. Spoon yogourt mixture over top layer of eggplant, spreading with back of spoon to cover evenly. Sprinkle with remaining Parmesan cheese.
6. Bake 40–45 minutes or until top is lightly browned and set and sauce is bubbling. Serve hot, in baking dish.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
People you meet on your travels could be important to you career-wise, so put on your friendly face. Maybe they want to give.

TAURUS ♉
APRIL 21-MAY 21
Today's link between your ruler Venus and Saturn, planet of sacrifice and success, means you've got what it takes — so go ahead and take it.

GEMINI ♊
MAY 22-JUNE 21
Recent events may have stirred your sense of adventure but responsibilities of a family and financial nature have held you back.

CANCER ♋
JUNE 22-JULY 22
You seem to be worrying about what others might think of you, but why should you care? Be who you are and do what you do.

LEO ♌
JULY 23-AUG 23
You may think that certain people no longer care about you but the truth is you have never been more in their thoughts.

VIRGO ♍
AUG 24-SEPT 22
It's part of your nature to look for compromises and that's good because you won't get far without them over the next 24 hours.

LIBRA ♎
SEPT 23-OCT 23
Your efforts will show those who matter that you are not, like some people, all talk and no action. They will reward you accordingly.

SCORPIO ♏
OCT 24-NOV 22
If you give others the impression that you don't know what you are doing they will lose confidence in you and look elsewhere for assistance.

SAGITTARIUS ♐
NOV 23-DEC 21
You may disapprove of what someone is up to but do you have the right to demand that they stop?

CAPRICORN ♑
DEC 22-JAN 20
It is a real possibility that you will enjoy some kind of windfall over the next few days. It will give you the breathing space you need.

AQUARIUS ♒
JAN 21-FEB 18
Don't worry if you feel a bit run down at the moment because you will get your second wind over the next few days.

PISCES ♓
FEB 19-MARCH 20
Whatever it is you are worrying about you know, deep down, that nothing bad will come of it.

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This day in history

JULY 21, 356 BC: Herostratus sets fire to the Temple of Artemis in Ephesus, one of the Seven Wonders of the World.
JULY 21, 1865: In the market square of Springfield, Missouri, Wild Bill Hickok shoots and kills Davis Tutt in what is regarded as the first true western showdown.
JULY 21, 1925: Scopes Trial: In Dayton, Tennessee, high school biology teacher John T. Scopes is found guilty of teaching evolution in class and fined $100.
JULY 21, 1960: Sirimavo Bandaranaike is elected prime minister of Sri Lanka and becomes the first woman prime minister in the world.

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